

# Perfect Health



Located at La Costa Resort and Spa  
in Carlsbad, California.

HEALING IMMERSION • AYURVEDA • DAILY MASSAGE



## BALANCE. HEAL. TRANSFORM.

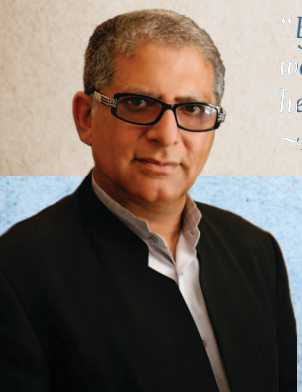
Are you feeling stressed out and anxious? Do you find it difficult to get a good night's sleep? Are you struggling with pain? Is your general health and wellbeing less than optimal?

The Chopra Center's *Perfect Health* program, co-created by Drs. Deepak Chopra and David Simon, will give you the tools to start living a healthy, balanced life. At our 6- or 10-day healing immersion, you'll feel stress and tension melt away as you experience:

- Daily luxurious Ayurvedic massage treatments
- Detoxification and cleansing therapies
- Instruction in the timeless practice of meditation
- A mind-body medical consultation
- Nutritional guidance for your unique mind-body type
- Morning and evening yoga and meditation classes
- Training in the practical tools and techniques of Ayurveda

You will return home feeling renewed, rejuvenated, and empowered to make more conscious choices about your health and wellbeing.

*"By restoring our body's natural balance, we open ourselves to expanded levels of health, fulfillment, and joy."*  
~Deepak Chopra



## PERFECT WEIGHT

If you want to stop struggling with your weight, body image, or eating habits, the *Perfect Weight* program will help you reach your goals. *Perfect Weight* contains all the core *Perfect Health* elements – especially tailored for those seeking to achieve greater vitality and a healthy weight. *Perfect Weight* also features:

- Guidance in developing a plan of balance in your life
- Preparing healthy food and eating for your unique mind-body type
- A balanced meal plan combining delicious ayurvedic lunches and NutriVeda breakfasts and dinners

Based on the timeless principles of Ayurveda, *Perfect Weight* will teach you how to restore your body's natural balance and vitality and reach the weight that is right for you.

Go to [chopra.com/perfectweight](http://chopra.com/perfectweight) for select dates.

Call 888.736.6895 or  
visit [chopra.com/perfecthealth](http://chopra.com/perfecthealth)

Space is limited. Call today to enroll 888.736.6895  
[learn@chopra.com](mailto:learn@chopra.com) • [chopra.com/perfecthealth](http://chopra.com/perfecthealth)

Sign up to receive our free monthly newsletter and guided meditations: [chopra.com/agnisignup](http://chopra.com/agnisignup)